



## MESSAGE

## REFLEXOLOGY

Kelly-Jane treats men, women and tots through to teens!

# CHIROPRACTIC

Chiropractors specialise in the diagnosis, treatment and management of mechanical conditions of the joints and soft tissues. Emphasis is usually on the spine and the effects on the nervous system. A Chiropractic manipulation (adjustment) is a highly skilled technique, which gently releases stiffness. Pain often occurs when joints stop moving healthily. When a joint is treated and returns to normal healthy movement there is resolution of pain. Most treatments will include some soft tissue work to relax muscles and improve healing.

Aftercare and home advice are often given to maintain the positive effects of treatment and prevent reoccurrence.

## PILATES

Our Pilates classes are specifically designed to strengthen, rehabilitate and re-train the deep abdominal, pelvic and spine stabilising muscles. We have a clear emphasis on quality rather than quantity. This is a one-to-one strength and core, health and back care, exercises or re-education to an injury. All classes are limited to 10 participants to ensure close supervision in a high deep environment. The classes are suitable for all ages and abilities and all equipment is provided. Our instructor will adapt exercises to meet your individual needs. We'll see you in 10 weeks time and if you're happy to introduce a friend and yourself to a £5 voucher.

Plates, Mass time  
Monday - 7:00pm  
Wednesday - 7:00  
Saturday - 9:30am

For more information please visit our website [www.ccmclinic.uk](http://www.ccmclinic.uk)



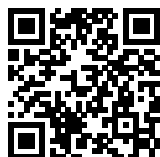
Cotswold **Chiropractic**  
and **Massage** Clinic



**Cotswold Chiropractic and  
Massage Clinic. Reflexology  
Massage, Chiropractic and  
Pilates**



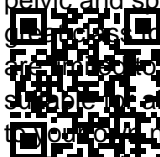
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**Coatswood Chiropractic and  
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Massage, Chiropractic and  
Pilates**  
<https://www.freeadsz.co.uk/x-561014-z>



**Plates Class**  
**Monday 7-9**  
**Wednesday**  
**Saturday**

**For more info:**

**Chiropractic and Reflexology**  
**and Chiropractic**

**Massachusetts**

**http://www.masschiro.org**

**1-800-645-5610**



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our website [www.freeday.co.uk/x-561014-z](https://www.freeday.co.uk/x-561014-z)



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